

Nebraska Food Distribution Processed Commodity Fact Sheet

Name: Egg, French Toast Stick

Product Code: 46025-85806-00

Processor: Michael Foods

Category: Meat and Meat Alternate

Date: 6/16/2005

Description: These baked sticks offer great French toast flavor in a fun, hand held shape.

Pack Size: 85 servings

Storage: Store at 0 degree's F or below

Preparation: Keep frozen until ready to use. Place a single layer of French toast sticks in a full size steamer pan sprayed with non-stick cooking spray, cover pan with foil.

Cooking: Convection Oven: 325 degrees F. for 7 to 8 minutes frozen, or 4 to 5 minutes thawed. Convention Oven: 350 degrees F. for 11 to 13 minutes frozen, or 8 to 9 minutes thawed.

Serving Size: 3 sticks (2.9 oz)

Meal Contribution: 1 meat/meat alternate and 1.5 bread alternate

| Nutrition Facts | | | |
|-----------------|-------------|----------------|-------------|
| Calories: | 270.19 | Protein: | 8.54 grams |
| Total Fat: | 10.11 grams | Carbohydrate: | 35.20 grams |
| Saturated Fat: | 2.17 grams | Cholesterol: | 133.29 mg |
| Trans Fat: | grams | Calcium: | 61.26 mg |
| Iron: | 2.13 mg | Dietary Fiber: | 0.92 mg |
| Sodium: | 385.34 mg | Vitamin C: | 0.03 mg |
| Vitamin A: | 294.28 IU | | |